

November—December 2004

Lambda Link

Your Connection to the Lambda Community Center

DIVERSITY MATTERS

Volume 1, Issue 5

Mayor Fargo Will Light Lambda's Christmas Tree

The days are getting shorter...the temperature is dropping...the leaves are falling...the stores are setting up their displays...the holiday season is upon us again...and we are getting ready for our annual holiday celebration...where did the time go?

LGBTI community leaders and Center clients and supporters are invited to join us for our Annual Christmas Gala on Wednesday, December 8th, from 6 - 9 p.m. The Honorable Mayor Heather Fargo will light the tree at 7:30 p.m. It will be a special night of fun and live



music with an elegant holiday buffet and a no-host bar. A few surprises are planned and it's even rumored that Santa Claus may make an appearance.

An event too big to take place at the Center, the Gala will be held at Wisteria Hall, 3830 U Street - home of Central Community Chapel, a supporter of the Center and our co-host for the evening.

If you are planning on attending, please RSVP by calling (916) 442-0185 or via email to rsvp@lambdasac.org. There is no admission fee.

CGNIE Continues Longtime Lambda Support

The Court of the Great Northern Imperial Empire (CGNIE) continued its longtime support to the Lambda Community Center with their generous check for \$10,000 from the proceeds of the CGNIE's fabulous 2004 Rainbow Festival this past September.

Terry Sidie, Rainbow Festival founder, and Michael Johnston, President of CGNIE promised Lambda a second check is coming from CGNIE in January when funds will be distributed to other deserving LGBTI organizations in the Sacramento area.



CGNIE representative Terry Sidie (left) gives a \$10,000 check to Lambda Board President Bill Snyder (center) and Lambda Executive Director Bob Brodie (right).

SIGLFF Donates \$1,000 to Lambda

The Lambda Community Fund wants to thank the Sacramento International Gay and Lesbian Film Festival for their generous \$1,000 donation.

Lambda's Board Vice President JG Gonsalves said, "This donation will be used to start a video collection that will include informative programs such as 'In The Life,' educational documentaries, and some entertainment. This will be a tremendous resource and asset to both

of our youth groups as well as our coming out groups and our discussion groups."

If you missed this year's Film Festival, you missed a great one—don't miss next year's, it will be even better!

We also want to thank all of the attendees of this year's festival and a very special thanks to all of the sponsors of the film festival including: Sacra-

Continued on Page 5

Lavender Library, Archives
and Cultural Exchange #35109
Sacramento, CA

Your Connection to the Lambda Community Center

Membership Program Announced

The Lambda Community Fund is very pleased and proud to announce the start of The Lambda Club!

"The membership program provides a continuing income that the Center needs to meet the ever-growing service demands of the LGBTI community in Sacramento - the 12th largest metropolitan area in the nation," said Bill Snyder, Lambda's Board President.

"A functioning and productive membership program will show foundations, government agencies, and other grant makers that the Sacramento LGBTI community fully backs the Center and its programs," Snyder adds.

Bob Brodie, Lambda's Executive Director, adds "The most important aspect is that we are showing our community that we are working hard to strengthen the Lambda Community Center! Successful Centers all across the country...Cleveland, Atlanta for example (both smaller than the Sacramento area), have strong community support which translates to strong financial support. It is this strong support that will allow us to expand our groups, start new programs, help our LGBTI youth in more meaningful ways, and forever end any question of whether we will continue to exist!"

For a full explanation of our new membership program, please read the article on page 3.

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Advertising Rates

Color B/W

\$50	\$45	1/16 Page (Bus. Card)
90	80	1/8 Page; 10 Sq. Inches
160	145	1/4 Page; 20 Sq. Inches
290	260	1/2 Page; 40 Sq. Inches
525	475	Full Page; 80 Sq. Inches

Contact Bill Snyder at bills@lambdasac.org or call him at (916) 442-0185, Ext. 105.

Bill Snyder, Editor

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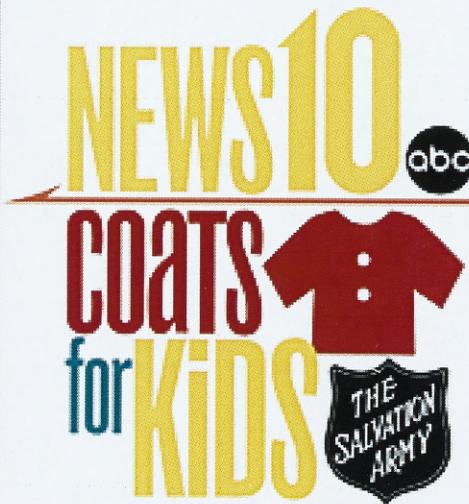
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Community Relations

News 10's Coats For Kids



Lambda Community Center once again invites you to drop off a new or gently used coat here at the Center. Last year so many LGBTI folks opened their hearts. Let's go over the top this year. Show your love!! Tell all your friends. Coats can be accepted until Dec. 17th. Thanks!

JG Gonsalves,
Board Vice President

It's A New Day! A New Way!

The Lambda Community Center is the centerpiece program of the Lambda Community Fund. It opened in 1986 to serve the needs of the Lesbian, Gay, Bisexual, Transgender, and Intersex (LGBTI) community in the greater Sacramento Valley area. Our records indicate the Center serves an estimated 10,000 LGBTI clients annually. In the summer of 2003, the Board of Directors appointed a new Executive Director, Bob Brodie, whose mandate was to pilot the Center through a period of creative expansion. Since then, the Board has evolved, with new appointments, into a dynamic and diverse team committed to the Center's new vision.

The Center's motto, "Diversity Matters," says it all. Everyone has a place at the Center. It is reflected in the ad-



By JG Gonsalves

vocacy, community outreach, education, youth programs, social events, referral services, and all services currently in the planning stage and under development, i.e., a multi-agency foster care program for our LGBTI youth and a full-service counseling program and a crisis helpline for all members of our community in collaboration with California State University, Sacramento.

The 2000 Federal Census reports a Greater Sacramento Valley area population of 1,750,000 residents. This figure equates to a potential of 175,000 LGBTI clients. These are exciting times for the Center. Come in and visit us or join us on the web at lambdasac.org. You can help to build a healthier, more vibrant community for us all. Participate! Volunteer! Donate!



Worship Services: Sunday - 10:30 a.m.
Wisteria Hall
3830 U Street
Sacramento, California

Phone: (916) 283-4358
eMail: ccc@centralcommunitychapel.org

Fellowship Night Wednesday - 7:00 p.m.
Varied Locations, please call Rick at
978-0365 for Information

Introducing The Lambda Community Fund Club

Our Mission: We strive to build a healthy, strong and diverse Lesbian, Gay, Bisexual, Transgender, and Intersex community in the greater Sacramento area by providing services, resources, support, education and advocacy.

Join the The Lambda Community Fund Club and you:

- ✓ Help a teen in crisis find a safe place and not commit suicide
- ✓ Help a troubled LGBTI person get professional counseling
- ✓ Help a LGBTI child be placed within a LGBTI family through our foster care program
- ✓ Help a LGBTI patron feel connected with others in a group setting
- ✓ Help a newly diagnosed HIV/AIDS youth adjust with group support
- ✓ Help a hate crime victim through the reporting process

Membership can be for an individual, household, or business.

Pay all at once or make monthly payments.

In return for your generous annual support, you'll receive these benefits:

Basic Membership \$35 a Year

Household \$60 a Year

Student, Youth, Seniors, People with Disabilities, Low Income Membership \$15 a Year

- Membership Card (10% discount at most Lambda events)
- Monthly Newsletter
- Invitation to Annual Membership Meeting

Sustaining Membership \$120 to \$999 (\$10 per month to \$84 per month)

- All the above plus: Two tickets to the Lambda Freedom Fair
- Recognition Certificate
- Invitation to Annual Christmas Party

Patron's Membership \$1,000 to \$9,999 (\$85 per month to \$835 per month)

- All the above plus: Invitation to the President's Reception
- Two tickets to the Annual Lambda Awards
- Listing in Annual Report
- Listing on our website for a year

President's Circle \$10,000 and Up (Over \$835 per month)

- All the above plus: President's Circle Lapel Pin
- A Table at the Annual Lambda Awards
- Four tickets to the exclusive Annual President's Circle Reception
- Plaque presented at Annual President's Circle Reception
- Permanent recognition in lobby of Lambda's New Location
- Other special President's Circle events



Your membership will help make our dream come true:

Send In The Enclosed Mailer Or Come By The Center Today To Join!

Kelli's Konumdrums

I was discussing sex and dating with my 16-year old son. His girlfriend is bisexual and she and he both like the same girl. He wanted to know more about bisexuality and why someone would be that way. As I questioned him more, it became apparently that a high percentage of his friends actually identify as bisexual. I imagine that most of the adult gay community does not know what a bisexual is so I found it hard to believe that high school kids would know enough to be able to identify as bisexual. So I started a quest to figure out what it really means to be bisexual.

Back in the day, gays and lesbians would identify as bisexual at a step to coming out or just figuring out if they really were gay. Many would say, "I'm bisexual" and then six months to a year later come out as gay or lesbian. It is getting easier to come out with a simple "I'm gay" nowadays. And, many gays and lesbians will tell you they knew they were homosexual at a young age and were just afraid to either admit it or just come out and say it. I always wondered how they knew at such a young age. I asked all of my gay friends, "How do you know you can't be with a person of the opposite sex?"

Of those friends that didn't shriek and say "ewwww," they told me "it just doesn't feel right to touch someone of the opposite sex in that way" or "the intimacy is just not there." Many said that they could not achieve the emotional connection that they craved and it wasn't until they were with someone of the same sex that they were able to achieve that connection. So I asked my heterosexual friends the same questions and they pretty much acted the same way. Most of my heterosexual friends wouldn't even entertain the idea of being with a member of the same sex. I guess I'll chalk one up for the homosexual team for at least trying it out; Although they don't really have much of a choice. I think it's pretty safe to say that we are all born with our parents assuming we are heterosexual and most of us try it out cause it's expected and then realize it doesn't quite fit or feel right. Some don't try out because they just know.

So far my "research" does support the political advocate's homosexual stance that homosexuals don't have a



By Kelli Patton

choice because they were born that way. For that matter, it fits that heterosexuals don't have a choice either because they were born that way. Now throw bisexuals in the mix and the fact that they do have a choice. Does that threaten the whole theory? The answer is no!

Although bisexuals do have a choice in which gender they wish to pursue, they do not have a choice any more than gays, lesbians or straights in the matter of who they are attracted to. This fact really only supports the advocates stance rather than threaten it. Bisexuals were born to be attracted to both genders and should not have to worry about identifying as bisexual because they might threaten anyone's political stance.

Identity is a real problem for bisexuals. As a bisexual, I can't identify

Although bisexuals do have a choice in which gender they wish to pursue, they do not have a choice any more than gays, lesbians or straights in the matter of who they are attracted to.

as gay or lesbian because I am not attracted to the just the same sex and I can't really identify as heterosexual because I am not attracted to the just the opposite sex. Bisexuals sit in the middle - the invisible queers. We are identified by who we are dating or even who we are walking with; often times afraid of identifying as anything for fear of being judged or labeled incorrectly based on our activities. Bisexuals are so mislabeled and judged that many perpetuate being invisible because it's easier than trying to explain ourselves to everyone.

A bisexual's activities seem to be highly scrutinized by gays, lesbians and straights alike. One of the most hurtful of judgments is the hatred that gays and lesbians have toward bisexuals because of the fear that if they loved a bisexual, that person may leave them for someone of the opposite sex. Many straights don't want to date bisexuals for the similar reason that they may leave them for someone of the same sex. Many

don't think that bisexuals can be monogamous. This is a self perpetuated stereotype, as well as, an occupational hazard of being a "practicing" bisexual. We don't leave our lovers for someone of the opposite sex or the same sex because that gender is better. If we leave, it's because we aren't happy in our current situation. And if we happen to go to someone that is the opposite sex or the same sex, it's because of the person (the human behind the gender) not because they have something that our last lover didn't.

Many think that bisexuals can't commit in monogamous relationships. It may be true that a lot of bisexuals are polyamorous (having the ability to love more than one person) but again, this is an individual choice and not a standard trait of being bisexual.

At the beginning of my "research," I realized that I even I didn't know the true meaning of what it was to be bisexual. How could I expect gays, lesbians, straights and even other seemingly bisexual individuals to know what it truly means? So based on what I have found, I would like to offer the following definition of a true bisexual. A true bisexual is a person that can have an emotionally and physically satisfying relationship with another human being regardless of gender. I have always chosen my partners strictly based on the person's actions and thoughts, behaviors and ethics. It has never matter whether my partners were male or female. I guess I proved to myself that I am a true bisexual.

The next time you come across a person that identifies as a bisexual, acknowledge that it has to take guts to openly identify that way. Look at the person for who they are not what others in the group they identify with have done. There are going to be bad and good people in every demographic and bisexuals are not different. Remember that each letter of the "LGBTI" represents all parts of our community. All the members of our community have been judged by intolerant people outside our community for many years. Let's not perpetuate that intolerance from inside our community.

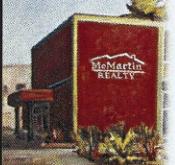
Any comments? You can send your comments to Kelli at kelliskonumdrums@sbcglobal.net.

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Continued from Page 1

mento Metropolitan Arts Commission, Countrywide Home Loans, American Express Financial Advisors, Bud Light, Faces/ Club 21 /Head Hunters, The Health Education Council, Interactive Male Chat Line, The Susan G. Komen Foundation, McMartin Realty, MGW Newspaper, SN&R News, Uptown Studios, Washington Mutual, The Depot, Q-Ragg, Showtime's 'The L Word', Watt's Winery, ASCENT-Lake Tahoe's G&L Ski Week, California Cable & Telecommunications Association, Crossroads Chiropractic, Dr. Lawson's Healing Touch, Falcon Studio's, Outword Newsmagazine, Prudential Realty - Patrick Lowell, Stacy Powell & Associates, and Do An Event.



PHOTOGRAPHY
by Larry

unions • portraits • events
weddings/receptions

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www.1-800-916-foto.com/rainbow

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Choose and Cut Christmas Tree Farm on November 26-28, 9 am to 4 pm

Find the perfect tree among 400 beautiful locally-grown and nurtured trees, ideal for your family's holidays! Cut your own fresh tree!

Holiday Crafts and Wreaths are also available. While selecting your tree, enjoy free Coffee, Hot Tea, Cocoa, and Popcorn!



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Billy's Farm Will Donate \$5 To The Lambda Community Center!**

Check out our website at www.lambdasac.org

From The Executive Director's Desk

Foster Parents Needed Now

By Bob Brodie
Lambda's Executive Director

The Lambda Community Fund is striving to provide more and better programs for Sacramento's LGBTI community. Part of the challenge is that there are so many areas that are underserved or not served at all. One of the most glaring areas of neglect is with our homeless youth.

I am sure most of you have heard that the LGBTI community represents approximately 10% of the population. However, when it comes to homeless youth, an appalling 40-50% are LGBTI. Once you think about it, it fits. When many kids come out to their parents, they are summarily rejected and/or abused by the ones who should be caring for and protecting them. Abandoned by their families, their only option is the streets. Unable to get jobs, many turn to theft and prostitution to survive.

So many of us expect the youth shelters to provide a home for these youth, but the shelters are overwhelmed by the number of youth, and LGBTI youth have special challenges there as well. While generally accepted by most shelter staff, LGBTI kids are persecuted by their heterosexual peers. One youth I know was stabbed in a shelter by another youth because he was gay. Additionally, some of these shelters are located where adult sexual predators are hanging out threatening the youth in a different way.

The Lambda Community Fund is working on a partnership with the County of Sacramento, Sierra Adoption Services, Stanford Home for Children, and several foster care agencies to provide services for LGBTI youth. We are looking to provide short term housing,

foster care, family resolution services, and adoption opportunities. We are also working on two collaborations with professors at CSUS to provide counseling services, a crisis hotline, and other youth services. The counseling services and crisis hotline would available to all ages.

Hopefully, as you read this, many of you are wondering what you can do to help. An obvious answer is money. Any program to assist homeless youth costs money. Some can be very expensive. Some, fortunately, can help without being too expensive. For instance, with donations for a washer and dryer, food and clothes, the Lambda Community Center could provide a drop-in service to youth - providing a shower, clean clothes, and a meal.

It also takes people to make these programs work. There are so many ways that you can help. You can volunteer to administer this program or to lend a hand.

If you have an extra bed at home, a very important way you can help is to become a foster care parent. We need parents who are interested in short-term, immediate care and long-term care. Short-term, immediate care is an alternative to a youth shelter. You would need to have a bed or room available at all times in the event a youth needs immediate shelter. Long-term care is the more typical foster care. Both programs require training and certification and both provide compensation for the services provided.

If you are interested in donating, volunteering, or becoming a foster parent, please call the Center for more information at (916) 442-0185.

1. Volunteer At The Center.

Volunteer at a Special Event like our Freedom Fair, Lambda Awards, Fireworks Stand, Family Fun Day, the AIDS Walk, or many others. Volunteers will work closely with each event's coordinator in order to provide staffing for the event and/or event planning and production. Help us assure the success of these events!

Provide services either on-going and or with one-time opportunities. Not only is volunteering a rewarding experience, it's a great way to meet really fantastic people!

Front Desk Volunteer are responsible for welcoming and greeting all visitors, clients, and callers. They provide information, resources, and referrals as requested. Other responsibilities include directing all walk-in visitors, assisting community groups meeting at the Center, and data entry and database maintenance.

Office Volunteers are needed to assist and support staff in a variety of office duties such as data entry, copy editing, phone calls, copying, letter writing, mailing preparation, word processing and filing. This is an excellent way to gain experience in a variety of office management areas. Volunteers can participate on an availability basis, without commitment to a regular shift. Experience in a variety of office duties and computer experience with Windows is helpful, but not required.

Help with **Bulk Mailing**. Lambda frequently organizes bulk-mailing projects that require volunteer assistance. Volunteers prepare and mail materials to our community. This is an as-needed position and does not require a consistent shift commitment.

The Lambda Community Center is home to more than 25 regularly scheduled community groups and provides meeting space for other LGTBI groups. Creating a consistently maintained, clean, and welcoming space requires the assistance of volunteers willing to help with a variety of light cleaning, trash emptying, polishing, vacuuming, sweeping, and touching up.

Ever since Lambda's founding, peer-led groups have provided an opportunity for LGTBI community members to come out, increase their awareness of com-

munity culture and resources, and increase their social networks in a safe, LGTBI-affirmative environment. **Volunteer Facilitators** function to help structure and facilitate once a week discussion groups. Experience with group facilitation or peer counseling is helpful but not required. Additional training is required in this volunteer position. Want to start a new group? This is the place to start it!

Are you comfortable with public speaking? Become a member of our **Speaker's Bureau** and help present educational presentations to schools, agencies, corporations, and community groups on a variety of LGTBI issues.

Join a one of our **Committees** (commitment of 2-10 hours a month). Can you contribute knowledge and ability to our Development, Finance, Programs, or Building Committees? We can use your help!

Join the **Board of Directors** (commitment of 5-10 hours a month). Help Lambda grow into the organization Sacramento deserves.

For volunteer information and orientation schedules, call or e-mail our Volunteer Coordinator Jason Kirkland at (916) 442-0185 x103 or jason@lambdasac.org.

2. Gifts Of In-Kind Services Or Products.

In-Kind gifts are gifts of goods or services. You can support the Lambda Center by providing professional services (e.g., bookkeeping, printing, catering, web work, floral arranging, etc.) or by **donating goods** we might otherwise pay for (e.g., food for fund raising events, office supplies, silent auction items, gift certificates for volunteer recognition and appreciation events, etc.)

For more information on in-kind gifts and giving, please contact our Executive Director Robert Brodie at (916) 442-0185 x101 or execdir@lambdasac.org.

3. Encourage All The Organizations You Participate In To Get Involved With and Help Back The Lambda Center.



Great To Help

**Help Us Make a Difference
in Our Community!**

Encourage your church, parish, synagogue, or mosque to get involved.

Suggest that your athletic team or organization host a small benefit game or competition.

High school and College classes that have community service or volunteer requirements can meet them by volunteering at the Lambda Center. Help them get connected!

Encourage your employer to get involved:

*We have several major sponsorships available. But even a small event sponsorship or silent auction item



Ways Lambda

You Can Make That Difference !

can make a huge difference!

- ★ Matching employees' contributions helps maximize everyone's resources!
- ★ Many larger companies have corporate giving programs that are very responsive to employees (Banks, SBC, Hewlett Packard, etc.). Let your employer know you would like them to provide support to the Lambda Center!

Ask your neighborhood newspapers and your organizational newsletters to feature reminders and stories about the Lambda Center and Center events. We'll provide the ads, articles, or photos; we

just need them to print them regularly. Reminders and visibility help our community a great deal.

4. Encourage Any Well-Known Sacramentans You Know Or Have Contacts For To Become More Involved With The Lambda Center.

If you have contacts with the River-Cats, Monarchs, or ???, encourage them to sponsor or participate in a Lambda Center event!

Write, call, or e-mail our Senators, Congresspersons, Governor, Mayor, State Assembly Member or Senator, City Council Member, and Board of Supervisors Representative to make certain they are aware of the Lambda Center and our LGBTI community and that representatives from their offices are participating in important Lambda Center events. Their presence helps send an important message to all of Sacramento about LGBTI rights!

If you know professional entertainers, artists, writers, actors, poets, or photographers, encourage them to get involved by offering their services for a special community benefit (or reduced price) show.

Everybody knows someone who knows someone. Each well-known person or organization that participates in Lambda Center activities helps strengthen Lambda and our community.

5. Sponsor A Lambda Event.

Sponsoring events like the Lambda Awards Dinner or Freedom Fair is a great way to help and to achieve great visibility for your organization or business. For more information, please contact our Executive Director Robert Brodie at (916) 442-0185 x101 or execdir@lambdasac.org.

6. Donate Through Your Workplace United Way Campaign.

The Lambda Center can receive your gift through the United Way.

7. Matching Gifts.

Most companies have programs that match the charitable contributions

made by their employees. Through corporate matching, employees can double the impact of their gifts! Ask your employer about their matching gift policy and procedure.

8. Turn Your Birthday Or Cocktail Party Into A Benefit.

When you host a party or a special event, ask your guests to make a donation to the Lambda Center or to your favorite Center program instead of bringing gifts. In addition to being tax deductible, each gift will be recognized and each donor will be thanked.

Not sure how to organize this? We'll help! call or e-mail our Volunteer Coordinator Jason Kirkland at (916) 442-0185 x103 or jason@lambdasac.org.

9. Donate to the Lambda Center-Join the Lambda Club

By giving \$5.00, \$10.00, \$25.00 or even \$100.00 a month or more by check or conveniently charged to your credit card, you can help sustain the Lambda Center and support programs like our Youth Groups, our Women's and Men's Coming Out Groups, and our LGBTI Foster Care project.

This is a great way to participate and contribute. It represents each of us building a home for our youth, our seniors, and our community where we are free to love, to laugh, and to feel welcome.

For more information on donating to the Lambda Center or joining the Lambda Club, please contact our Executive Director Robert Brodie at (916) 442-0185 x101 or execdir@lambdasac.org.

10. When You Notice A Company, Organization, Or Business Has Supported The Lambda Center, Help Us Thank And Reward Them!

Just like individuals, businesses and organizations deserve to feel recognized and appreciated! Patronize our supporters. Go in and thank the owners or managers for their support.

On Behalf Of All The LGBTI Sacramentans We Serve, Thank You for Your Willingness to Help!

Lambda Link

Your Connection to the Lambda Community Center



Lambda Community Fund
1927 L Street
Sacramento, CA 95814

Hours: Monday-Friday, Noon - 9 pm
Saturday, 9 am - 9 pm
Sunday, 10 am - 6 pm

Phone: (916) 442-0185
Fax: (916) 325-1840
Email: www.lambda@lambdasac.org
Website: lambdasac.org
Tax ID: 94-2502229

Robert S. Brodie,
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Ext. 101

Jason R. Kirkland,
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LAMBDA GROUPS AND PROGRAMS

Next Step - Fridays, 6:30 - 8:00

For Youth, By Youth - Wednesdays, 6:30 - 8:00

Hate Crimes Task Force - Call (916) 442-0185

Lambda/Breaking Barriers Youth Group - Fridays, 8:00 - 9:30

Legal Referral Clinic - Mondays, 6:30 - 9:00

Men's Coming Out Group - Mondays, 6:00 - 7:30

Men's Discussion Group - Mondays, 6:30 - 8:00

Survivors of Domestic Violence/Sexual Assault by WEAVE - Tuesdays, 6:00 - 7:00

Women's Coming Out Group - Sundays, 6:00 - 7:30

Womyn On Wednesdays - Wednesdays, 7:00 - 9:00

Call the Lambda Community Center for more details, (916) 442-0185, or check out the Calendar on our website.

GROUPS AND ORGANIZATIONS MEETING AT THE CENTER

Capitol Crossroads Gay Rodeo Association - Specific Sundays, 1:00 - 3:00, www.ccgra.org

Lambda Letters Project - Specific Saturdays, 11:00 - 5:00, www.lambdaletters.org

Over the Rainbow Group of NA - Mondays, 8:00 - 9:00, www.na.org

Sacramento Gender Association - 2nd Saturday of the month, 6:30 - 9:00, www.transgender.org/sga

Sacramento Valley Leathermen - 3rd Tuesday of the month, 7:30 - 9:00, www.svlclub.org

Sacramento Valley Veteran's - 1st Wednesday of the month, 7:00 - 8:00, www.sacvalleyveterans.com

SACWN - 1st Thursdays, 7:00 - 9:00

Sexual Compulsives Anonymous - Sundays, 5:00 - 6:30, www.sca-recovery.org

Tri-Ess (Cross Dressers) - 3rd Saturday of the month, 7:00 - 9:00, www.tri-ess.org

Weight Watchers - Tuesdays, 5:00 - 5:45, Thursdays, 5:30 - 6:30, Saturdays, 9:00 - 10:00, www.weightwatchers.com

Zuna Institute - 2nd Saturdays, 11:00 - 1:00, www.zunainstitute.org